

BANKSTOWN BUSHWALKING CLUB INC.
ACTIVITIES PROGRAM FOR SUMMER 2022/23



COVID-19 SAFE ACTIVITIES

All members and visitors are requested to comply with current government COVID-19 rules and the club's COVID-19 Safety Plan. **Do not participate in any club activity if you are unwell.**

SHORT NOTICE ACTIVITIES

Leaders may add extra activities to the program. Check your email regularly for a "Short Notice Activity" email to all club members.

WALK GRADES

Walks differ greatly in their level of difficulty. Please refer to our [club grading system](#) to make an informed decision about whether a walk is suitable for you. Club grades indicate the level of difficulty associated with the **walk**. Many other grading systems you may see online refer to the type of **track** and do not give an accurate idea of the difficulty of the walk.

For more information on any event, contact the Club Membership Officer at bankswalks@yahoo.com

EXPRESSIONS OF INTEREST

DATE TBA FAMILY BACKPACK: BEROWRA REGIONAL PARK

Bring your children or grand children along for this overnight adventure just north of Sydney. The walk to camp is an easy 2kms. After making camp we will explore the area and swim in a delightful swimming hole. You'll need to carry water for camp, but the walk is short, so this won't be too onerous. Our exploration will include the beautiful Lyrebird Gully and some wetlands.

The leader will choose a date during the school holidays depending on weather and availability of those interested. Please email the leader prior to 17 December so we can decide on a date. All children must be accompanied by a parent or other authorised person who will be responsible for the safety and wellbeing of the child.

Grade: 1 **Ascent/Descent:** <50m
Map: Ku-Ring-Gai NP
Contact By: Sun 17 Dec

DATE TBA TUGLOW CAVING WEEKEND

Tuglow Cave is a wonderfully varied cave in Kanangra-Boyd National Park. This cave usually requires getting wet (up to neck high in water) and thermals are a must. Skill level requires technical ropework (or ladders).

The dates will be either Friday 9 to Sunday 11 December 2022 or Friday 20 to Sunday 22 January 2023.

Grade: Caving
Contact By: Fri 2 Dec

DECEMBER 2022

SAT 3 BERRIMA HERITAGE WALK

We will explore two local walking tracks including the Stone Quarry Walk and Berrima River Walk. Approximately 5-6km with plenty of photo opportunities. Afterwards, roam around town and visit the gift/jam/pottery shops - a great opportunity to do some Christmas shopping.

Grade: 1 **Ascent/Descent:** 50m
Map: Berrima
Contact By: Thu 1 Dec

Please ensure you contact the activity leader by the date indicated, or at least 48 hours before the activity date. Please show consideration and contact before 9pm.

SUN 4 BALMAIN AND BIRCHGROVE - FORESHORE AND HISTORY

Explore the nooks and crannies and parks of Balmain and Birchgrove. Spend time enjoying the historic grounds and buildings of Callan Park. Visit the old tramways site in Forest Lodge and stroll along the foreshore in Glebe and Pyrmont. Involves short ferry and light rail trips. Max of 10 participants. Approx 14km.

Grade: 2 Ascent/Descent: 150m

Map: Google Maps

Contact by: Thu 1 Dec

THU 8 KAYAKING AT AUDLEY

Enjoy breakfast at the Audley Cafe before heading off for a paddle along the Hacking River. Early start to avoid the crowds. See www.audleyboatshed.com for hire rates.

Grade: Kayaking

Contact By: Tue 6 Dec

SAT 10 BUNDEENA & MAIANBAR

Explore the beaches and walking tracks in Bundeena and nearby Maianbar. Steps, ups & downs, sand walking as well as street walking and bush tracks. Approx. 12km.

Grade: 2 Ascent/Descent: 100m

Map: Royal NP

Contact By: Thu 8 Dec

MON 12 DINNER AT ENZO'S CUCINA, CHIPPING NORTON

Celebrate Christmas with pizza, pasta and wine. See enzoscucina.com.au for menu and pricing. For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com by Monday 5 December.

SAT 17 NORTH BOWEN CANYON**🚫 NO HELMET NO GO**

Experienced canyoneers only. Lower canyon section of Bowens Creek North certainly offers plenty of "bang for your buck". The canyon section is a good length compared to many others, though it is fairly quick to traverse as there are two abseils near the beginning. Wetsuit and abseil gear required. Some wades and swims. Few abseils up to 15m. Please bring \$5 cash for rope fee on the day.

Please note: You must be a financial club member to participate in this activity

Grade: Canyoning

Map: Mt Wilson

Contact By: Tue 13 Dec

SUN 18 CANYONING: WATERFALL OF MOSS**🚫 NO HELMET NO GO**

Experienced canyoneers with self-rescue skills only. There is a swim across the Wollangambe. Most of the abseils have overhung starts so participants must be confident and competent abseilers. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required

Please note: You must be a financial club member to participate in this activity

Grade: Canyoning (wetsuits recommended)

Map: Mt Wilson

Contact By: Tue 13 Dec

SUN 25 CHRISTMAS DAY**MON 26 BOXING DAY**

- FRI 30 KURNELL TO CRONULLA: KAMAY BOTANY BAY NP**
Coast, cliff, and beach walking. We will catch an early bus from Cronulla to Kurnell to walk through Kamay Botany Bay NP and over the headlands to beautiful Boat Harbour for a swim. Then follow the beaches on the sand back to Cronulla, walking through the water to keep cool if needed. Approximately 16km.
Grade: 3 Ascent/Descent: 50m
Map: Kamay Botany Bay NP
Contact By: Mon 27 Dec

JANUARY 2023

- SUN 1 NEW YEARS DAY**
- MON 2 BIKE RIDE: INNER WEST AND OPERA HOUSE** 🚫 **NO HELMET NO GO**
A chance to play tourist in our own city. We will ride around Blackwattle Bay and over Pyrmont Bridge before visiting The Rocks, the Opera House, Barangaroo and Darling Harbour. The ride will be in the 25 – 30km range and is mostly on cycleways with a few quiet back streets. It will be an early start so that we can avoid the pedestrians. Bring roadworthy bike, helmet, pump, repair kit, snacks, and water.
Grade: Cycling
Map: Google Maps
Contact By: Wed 28 Dec
- TUE 3 FOREST ISLAND & PALONA CAVE**
The Forest Island track takes you into one of the finest remaining rainforests of the Sydney region. We'll also take a side trip to Palona Cave and marvel at the rock and limestone formations. Start/finish southern end of Lady Carrington Drive. Approx 10km total.
Grade: 2 Ascent/Descent: 100m
Map: Royal NP
Contact By: Sun 1 Jan
- SAT 7 CANYONING: DALPURA** 🚫 **NO HELMET NO GO!**
Dalpura is a short but beautiful canyon with one short abseil, a couple of wades and a short swim. It's a good introduction to canyoning if you haven't done an abseil canyon before. There is an optional abseil at the end that is a lot of fun. It's near Bell in the Blue Mountains. Wetsuit and abseil gear required.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning (wetsuits recommended)
Map: Mt Wilson
Contact By: Tue 3 Jan
- SUN 8 RHODES TO CABARITA WHARF AND RETURN BY FERRY**
Starting and ending at Rhodes station, this is a level walk around the foreshores of Brays, Yaralla and Majors bays, with lunch on the Parramatta River near Cabarita wharf. The walk follows local bushland paths with some street walking. Passing the Kokoda Track memorial and Yaralla house adds historical interest. Return to Rhodes via ferry to Meadowbank wharf and walk over the Whitton bridge across the river. Approx 10 km.
Grade: 2 Ascent/Descent: <50m
Map: Google Maps
Contact By: Thu 5 Jan

- SAT 14 CANYONING: CLAUSTRAL CANYON** 🚫 **NO HELMET NO GO**
 Experienced canyoneers with self-rescue skills only. Claustral is famous for being one of the best canyon trips. It is a long, demanding trip with beautiful canyon sections. There is a mix of wading and swims. Participants must be fit, confident, competent abseilers. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.
Please note: You must be a financial club member to participate in this activity
Grade: Canyoning (wetsuits essential)
Map: Mt Wilson
Contact By: Tue 10 Jan
- SUN 15 CANYONING: SOUTH BOWEN** 🚫 **NO HELMET NO GO**
 Experienced canyoneers with self-rescue skills only Upper Bowens Creek South Canyon is an excellent canyon. The lower constriction is dark and twisting, and quite sustained. It has quiet a few abseils and a longish day. Numerous swims and deeper wades. Participants must be fit, confident, competent abseilers. Please provide a contact number when requesting to join the activity. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.
Please note: You must be a financial club member to participate in this activity
Grade: Canyoning (wetsuits essential)
Map: Mt Wilson
Contact By: Tue 10 Jan
- SUN 15 PARRAMATTA LAKE CIRCUIT WALK AND KAYAK**
 A 5km circuit walk of the lake followed by a kayak for those that would like to participate. You can bring your own kayak or hire from Parramatta Rowboats at the lake. There is also a swimming area if it is a hot day. Come along and have some fun!
Grade: 1 Ascent/Descent: 50m
Map: Google Maps
Contact By: Thu 12 Jan
- SUN 22 CUMBERLAND STATE FOREST**
 A short walk during the hot summer to enjoy Australia's only metropolitan state forest. We will spend time visiting all 3 trails as well as the café, nursery, and visitor centre. The trail has some stairs, but it is well-maintained and easy to follow. Interested people can meet first for coffee/breakfast at the café. Distance: approximately 5km.
Grade: 1 Ascent/Descent: 50m
Map: Google Maps
Contact by: Fri 20 Jan
- SUN 22 OTFORD - STANWELL PARK**
 Starting at Otford, there is a steep descent to Bulgo Beach to look at the huts in this area. Then there will be a heart-pumping ascent back to Lady Wakehurst Drive and an off-track scramble over the hill to Stanwell Tops. We will then scramble down Bald Hill to explore a mysterious old abandoned railway tunnel, so bring torch and good batteries. We'll then continue down to Stanwell Park beach for a swim and late lunch. If there is time and people are keen, there is an optional walk up the Wodi Wodi Track and then down to Stanwell Park Railway Station. Car shuffle required.
Grade: 3 Ascent/Descent: 150m
Map: Royal National Park
Contact By: Thu 12 Jan

- THU 26 CANYONING: MACQUARIE RIVULET** 🚰 **NO HELMET NO GO**
 A great trip on the Illawarra escarpment with lots of abseils, jumps, and swims. A very different experience from our normal Blue Mountains and Wollemi canyons. Participants must be fit, confident, competent abseilers. Please provide a contact number when requesting to join the activity. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.
Please note: You must be a financial club member to participate in this activity
Grade: Canyoning (wetsuits essential)
Map: Robertson
Contact By: Tue 10 Jan
- SAT 28 - SUN 29 BASE CAMP WEEKEND AT BARCOO SWAMP ON NEWNES PLATEAU**
 Barcoo Swamp is an informal canyoningers campground with no facilities. We will use it as a base for doing some canyons in the area. Come and camp and socialise. For more information, contact the organiser via the Club Membership Officer at bankswalks@yahoo.com.
- SAT 28 ROCKY CREEK & TWISTER CANYONS** 🚰 **NO HELMET NO GO**
 A fun and easy canyon trip which involves numerous jumps and slides before reaching the beautiful constrictions of the lower Rocky Creek. No abseils, but there is one hand over hand scramble down a waterfall. Wetsuit required.
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning
Map: Mt Morgan
Contact By: Wed 25 Jan
- SUN 29 ALCATRAZ CANYON** 🚰 **NO HELMET NO GO**
 This canyon is off the beaten track and rarely visited. It is a short, dry(ish) canyon with one abseil. We will be doing this one on the way home from the base camp, so you'll need to camp at Barcoo the night before if you want to come along. Abseil gear required
Please note: You must be a financial club member to participate in this activity.
Grade: Canyoning (wetsuits optional)
Map: Cullen Bullen
Contact By: Wed 25 Jan
- MON 30 JIBBON LOOP TRACK & SWIM OR PADDLE AT JIBBON BEACH**
 A short walk during the hot summer to enjoy the beauty of Bundeena and a chance to cool off at Jibbon Beach. This walk is an enjoyable way of exploring Jibbon Head and its beaches. We will walk from Bundeena Wharf via the water to Jibbon Beach and then complete the Jibbon Loop Track. Distance: approximately 5km.
Grade: 1 Ascent/Descent: 50m
Map: Google Maps
Contact by: Fri 27 Jan

FEBRUARY 2023

SAT 4 - SUN 5 BACKPACK: PISGAH ROCK – DADDER CAVE – ERSKINE CREEK – JACK EVANS TRACK

An exposed scramble and a rough track lead to some lovely creeks and swimming holes. This backpack is mostly off track and involves lots of creek crossings and wades. The area has been closed for some time, so the conditions aren't known so come prepared for adventure.

Grade: 3 Ascent/Descent: 200m

Map: Penrith

Contact By: Wed 1 Feb

SAT 4 WHUNGEE WHEENGEE CANYON 🚫 NO HELMET NO GO

Experienced canyoneers with self-rescue skills only. This is a very long day in a very narrow, constricted canyon with multiple abseils. There is some wading and, depending upon water level, some swims. Participants must be fit, confident, competent abseilers. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required

Please note: You must be a financial club member to participate in this activity

Grade: Canyoning (wetsuits essential)

Map: Mt Wilson, Wollangambe

Contact By: Tue 31 Jan

SUN 5 KELVINATOR / WATERDRAGON CANYON 🚫 NO HELMET NO GO

Experienced canyoneers with self-rescue skills only. This beautiful canyon starts and finishes in the Wollangambe River. There is a long swim at the end. Participants must be fit, confident, competent abseilers. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required

Please note: You must be a financial club member to participate in this activity

Grade: Canyoning (wetsuits essential)

Map: Mt Wilson, Wollangambe

Contact By: Tue 31 Jan

SUN 5 THREE LOOKOUTS WALK - THE ROCK - RILEY'S MOUNTAIN - THE NARROWS

Located west of Mulgoa in Blue Mountains NP. The walk follows the undulating Riley's fire trail through areas of swampy heath and dry eucalyptus forest with views from each lookout across the Nepean Gorge to the Blue Mountains. The walk is approximately 11kms, including stops to take in the views and lunch at the Narrows lookout.

Grade: 2 Ascent/Descent: 50m

Map: Penrith

Contact By: Thu 2 Feb

MON 6 DEADLINE FOR AUTUMN PROGRAM ACTIVITIES

The Walks committee will soon be meeting to compile the Autumn program. Suggestions for the **Autumn 2023** Program must be emailed to bankstownbushwalks@gmail.com by Monday 6 February 2023 or they may not make it onto the program.

SAT 11 TWILIGHT DOG FRIENDLY WALK: OATLEY PARK > LIME KILN BAY CIRCUIT

Bring your dog along or befriend a dog on this twilight walk along the Georges River through one of Sydney's finest areas of natural bushland. This walk incorporates several tracks including the Jewfish Bay track, Headland track and Lime Kiln Bay Circuit. Distance: approximately 9km.

Grade: 1 Ascent/Descent: <150m

Map: Google Maps

Contact by: Thu 9 Feb

SUN 12 HILLTOP - SLOT TRACK - NATTAI RIVER - STARLIGHTS TRAIL

We will descend to the Nattai via the Slot Track, make our way along the river for about 2km and return via Starlights Trail. The Slot track is overgrown and in places indistinct requiring offtrack navigation skills. There is no track along the river and crossing it a number of times is required, YOU WILL GET WET. If it's a hot day we can spend time in the river before the walk out along Starlights Trail, most of which is uphill. Total distance about 16km. Limit 8. Experienced walkers only.

Grade: 4 Ascent/Descent: 450m

Contact By: Thu 9 Feb

Map: Hilltop

TUE 14 DINNER AT DOOLEY'S ON VALENTINES DAY

Share the love! Either bring your romantic partner or come alone and share your love of the outdoors with other club members. We'll meet at 6.30pm for dinner in [Lloyds Bistro](#) in Dooleys Catholic Club, Church St Lidcombe. This is a great opportunity for new members to meet existing members and for old friends to catch up. We will meet in the bistro at 6.30 and find a table large enough for the group. No need to book in, just turn up on the night. A member of the walks committee will be in the foyer at 6.30 to help people sign in if they need. The club is next to Lidcombe station.

SAT 18 MT WILSON: WOLLANGAMBE RIVER LILO ADVENTURE 🧗 NO HELMET NO GO

A beginners' canyon with no abseils, a lazy trip down the Wollangambe River through a high walled canyon. Bring your lilo mat, a kickboard or even your ring floaty to hang onto while going through the long swim sections, with some walk and rock scramble sections.

Please note: You must be a financial club member to participate in this activity.

Grade: Canyoning (wetsuits essential)

Map: Mt Wilson

Contact By: Tue 14 Feb

SUN 19 THORNLEIGH TO HORNSBY

Starting at Thornleigh Railway Station, the track will take us down to the floor of the Berowra Valley and along the slopes of Berowra Creek. The walk includes creek crossings and a couple of steep ascents including the climb up the Depression-era stone steps to Hornsby Station. Return to Thornleigh by train. Approx. 10km.

Grade: 2 Ascent/Descent: 200m

Map: Hornsby

Contact By: Wed 15 Feb

TUE 21 KAYAKING ALONG THE WORONORA RIVER

Cool off during the hot summer months by hiring a kayak (or bringing your own) and paddling along the Woronora River. Check out the website below for hiring options or bring your own watercraft. <https://www.theboatshedatworonora.com.au/boats>

There is also an option to lunch afterwards at The Boat Shed, Woronora for those who enjoy good food and beautiful views.

Grade: Kayaking

Contact by: Sat 18 Feb

SAT 25 BUTTERBOX CANYON**🚫 NO HELMET NO GO**

Experienced canyoneers with self-rescue and climbing skills only. Numbers will be limited due to the nature of the climb out. This is a very long day but rewarding trip with technical abseils and a climb out. There is some wading and depending upon water level, some swims and jumps. Participants must be fit, confident, competent abseilers with some rock climbing experience. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.

Please note: You must be a financial club member to participate in this activity

Grade: Canyoning (wetsuits essential)

Map: Katoomba

Contact By: Tue 21 Feb

SUN 26 FORTRESS CANYON**🚫 NO HELMET NO GO**

Experienced canyoneers with self-rescue skills only. Fortress is a beautiful canyon with a great view over the Grose Valley at the end of the canyon section. There is some wading and depending upon water level some swims. Participants must be confident, competent abseilers. Please bring \$5 cash for rope fee on the day. Wetsuit and abseil gear required.

Please note: You must be a financial club member to participate in this activity

Grade: Canyoning (wetsuits essential)

Map: Katoomba

Contact By: Tue 21 Feb

SUN 26 3 HOUR MINIGAIN - LA PEROUSE

This 3hr event run by the NSW Rogaining Association is a great event for practice navigation skills in a friendly environment. The 3-hour event is always family-friendly and a great way to introduce kids to navigation. It is the only event you can enter solo. Great for rogainers who want to test themselves against the clock.

Get your compass ready for a fun navigational surprise rogaine! Put a team together and enter at nswrogaining.org.au (entry fees & deadlines apply), or contact the organiser via the Club Membership Officer at bankswalks@yahoo.com. To find out more about Rogaining and future events visit <https://nswrogaining.org/coming-events/>